The Quiet Corner

THE ARTS, DINING, ANTIQUES, ATTRACTIONS & SO MUCH MORE...

PUTNAM TRAVELER

Supporting Tourism & Communities in Northeastern, CT & Beyond...

ISSUE NO. 43 • NORTHEASTERN, CONNECTICUT

DOWNTOWN MAP INSIDE • JULY-SEPTEMBER 2014

For an afternoon, a day, or a weekend...come and enjoy Northeastern Connecticut!

Abington Grown Market

Summer is our favorite time of year and we do it up in northeastern Connecticut! Whether you enjoy outdoor recreational activity such as mountain biking, hiking and kayaking, or prefer a more layed back weekend browsing art galleries, shopping for antiques or visiting cute little boutiques, plus great food - there is something here for everyone! Visitors and residents will enjoy agricultural events including the Brooklyn & Woodstock Fairs and Celebrating Agriculture, art events including the popular First Fridays and Artists in the Country in September, food events including The Last Green Valley's Taste of New England and area Farmer's Markets and everyone will enjoy the River Fires in Putnam! There is so much to do you will want to visit often and enjoy what the creative, talented people of northeastern Connecticut have to offer!

INSIDE:

Local Advertisers...Local Real Estate...Calendar of Events...PBA Events...If you love gardens, fresh produce, and healthy eating... visit ***Abington Grown Market Garden*** ...learn more about what they are up to this summer...have an interest in ***Mountain Biking***? This popular sport is growing and is enjoyed by a wide range of ages, at many levels of endurance and speed, and in a variety of terrain and technicality...read more inside...Who doesn't love dining al fresco in the summer months? This issue features two outdoor eateries you are going to want to visit before this summer is over...***Rosie's Drive-In*** located in Pomfret and ***Frog Rock*** located on Route 44 between Pomfret and Eastford...two ***Great Places to Meet and Eat!...***In September don't miss ***The Taste of the Last Green Valley!*** In its 9th year, this tasty and entertaining happening is always attended by a sell-out crowd of over 200 and is the Last Green Valley's signature fundraising event...and it's no surprise to us how many local businesses have received prestiges awards this year by ***Yankee Magazine, Connecticut Magazine, Trip Advisor and the State of Connecticut...***read all about it here in the Putnam Traveler Newspaper and please tell our advertisers and featured businesses you saw them here!

Taste of The Last Green Valley

Downtown Putnam Area Map • Businesses • Local Activities • Shopping & Calendar of Events

Northeastern Connecticut is Forty-Five Minutes from Casinos, Hartford, & Providence
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Discover PUTNAM CONNECTICUT

Vintage Feel. Modern Appeal.

Northeast Connecticut's hub for arts, entertainment, shopping and dining. Putnam is a small town with big-town sensibilities! Perfect for a day trip, Putnam invites you to discover its many facets.

Upcoming First Fridays

July 11th – *Theatre*

From the ancient Greek tragedies, to the pantomime of Japanese Kabuki, many cultures have their own interpretation of theatre. At the July 11th First Fridays, Putnam's Main Street will be a stage – come and be entertained by a variety of performances and art attacks. Help create a giant papier-mache puppet head at the Community Art table, and see the evolution of puppetry with the Putnam Puppet Troupe Collaborative. We encourage you to participate by dressing up as your favorite movie character. And don't forget, this will be the first time First Fridays will happen on a second Friday!

August 1st – *Architecture*

The pyramids of Egypt, the Roman Colosseum, and the Great Wall of China – these structures still stand centuries after they were first built and remain gateways to world history and culture. Architecture is the art of structure and at the August 1st First Fridays, we invite you to celebrate the diverse structures that unite form and function. Enjoy an evening on Main Street in the shadows of Putnam's historic buildings. As always, there will be a variety of art vendors, live music, and performances. Family-friendly activities will include The Putnam Puppet Troupe Collaborative's interpretation of the classic story of The Three Little Pigs and an interactive photography project with the Community Art Committee.

September 5th – *Agriculture*

September marks the beginning of the harvest season in New England. As we reap the bounty of the summer's crops, the September 5th First Fridays will celebrate the importance of Agriculture in all cultures. First Fridays always promises fun for all ages – this month the Putnam Puppet Troupe Collaborative will show where vegetables come from with a performance by a farmer and his crop of goofy veggies. The Community Art table will host an interactive art project building a giant papier-mache cornucopia and there will be Art Attacks, music, food, and more! Don't miss the final night of the 2014 season with the October 3rd First Fridays – it is sure to be a spooky good time!

SCHEDULE OF ANNUAL EVENTS

First Fridays	**MAY - OCT.**
Fireworks	JULY
RiverFires	JULY - SEPT.
Deary Memorial Road Race	AUG.
Main Street Car Cruise	AUG.
Arc Duck Race	AUG.
The Great Pumpkin Festival	OCT.
Trick-or-Treat Street	OCT.
Santa Comes to Town	NOV.
Holiday Dazzle Light Parade	DEC.
Fire & Ice Festival	FEB.
O'Putnam Road Race	MARCH
Putnam Rotary Fishing Derby	APRIL
Particle Accelerator	JUNE

First Fridays Fun Fotos!

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Abington Grown Market Garden

Winter spinach is a food epiphany. In the deep, dark days of February, I bought some of Erika Marczak's spinach - large, emerald green leaves with a substantial heft - and cooked it for dinner. I made a simple sauté which I thought I should taste before I served it to my greens-hesitant children. True story: that spinach never made it onto the dinner plates. I ate it all! Before calling anyone to dinner I devoured it right there in the kitchen - it was that good. It tastes so sweet - like eating green sugar, which I didn't know was possible. I have Erika at Abington Grown to thank for my newest food passion. Now that summer is here, there is so much more to enjoy at her vegetable stand.

BY JENNIFER HELLER

Abington Grown is Erika Marczak's market garden, cultivated with draft animals and sustainable farming techniques. She grows an astounding variety of vegetables: 40 types and 200 varieties. The list is endless: deep purple eggplant, ferny fennel, crisp carrots, heirloom tomatoes, lettuces galore, beets, potatoes, turnips, squash and more. Mouth-watering produce to grill, sauté, braise, roast or eat fresh out of hand. Erika says the cool, wet spring we had made it hard to get the plants in the ground this year. However, her vegetables are coming along nicely and a full complement of seasonal vegetables are available now.

Erika keeps things simple and delicious by paying close attention to the quality of her produce every step of the way. She picks first thing in the morning and has a cooler that keeps the produce in pristine condition. Every food item I've every purchased from her has been fresh and flavorful. To find out how she does it so beautifully year round, I asked if she had a minute to chat. We sat inside one of the We-Li-Kit greenhouses in the pouring rain and watched a hummingbird dart in and out with plants in all stages of growth draped around us.

Erika's blue eyes light up when she talks about the horses and steers that power her two and a half acre market garden. Erika works with Sam Rich's six

Percheron horses and her two steers. She uses the draft animals not only because she loves them, but because they add value to the soil. By cultivating with the animals, she can move at a pace to hear the soil turning over and is able to pay attention to the whole garden system. She and Sam grow their own feed grains and hay for the draft animals, and the draft animals turn their food into fertilizer for the whole garden. It is a mutually beneficial relationship - sustainable, holistic farming as it has been practiced for centuries.

Originally from Schenectady, NY area, Erika came to Abington via Vermont. She was a professional mane and tail braider for the horse show circuit in Florida after university, a job which honed her natural skill with horses, and she has worked on a variety of farms, running market gardens for 13 years. She met Sam Rich through mutual passion for working draft animals and they got to know each other through draft animal workshops and competitions over the years. She recounts that when she met Sam, he would arrive at weekend workshops with his four Percheron horses and handle them alone, while other teams had a couple of people to handle a team of two. Erika's competence caught Sam's attention as well, and she started helping out with his teams. Erika laughs that Sam lured her here to the Quiet Corner with the suggestion that she grow a small garden and put up the produce with his mother.

The Rich family of We-Li-Kit Ice Cream is a regional establishment. In 1886 Samuel Rich moved to Abington, CT and started farming the land. Five generations later, his descendants continue to thrive, supplying many needs for our community: ice cream, maple syrup, beef, and greenhouse plants to name a few. It is a true family farm, with multiple separate but complementary businesses.

Erika has been growing her Abington garden for three years and is in the second season selling her produce. She grows produce year-round using ingenious "hoop houses" - long tunnels of plastic, supported on curved plastic hoops. In the winter, they provide enough protection from the cold that a variety of greens

and cold tolerant produce can be grown. All winter long I looked forward to the every-other-week emails with a selection of fresh produce to supplement the supermarket produce from far away climes.

Erika chooses not to be certified organic at this time. Her motto is: "I don't put anything on my gardens I'm not comfortable eating or handling myself." She uses a sprayer for nutrient and microbial application. She is growing deep community roots herself and raves about her helpful neighbors. Abington Grown has held 2 community planting events this spring and the turnout has been great. She feels the Quiet Corner is a special place, with wonderful opportunities for a farmer like herself. "The community really values this product." I know I do and I love to serve such amazing food to my family and friends. Thanks, Abington Grown!

There are four ways to procure Erika's amazing produce: Saturdays either shop at the Putnam Saturday Farmer's Market or at the greenhouse at We-Li-Kit. Throughout the week, check for select produce items for sale when you buy your delicious ice cream at the We-Li-Kit stand. Finally, you can buy a CSA share (although she is full for the 2014 summer season - try again next year). When you see her, be sure to get on her email list for the winter produce - you'll be glad you did.
http://abingtongrown.com

OFF THE ROAD
IN THE QUIET CORNER

If you enjoy being outdoors in nature, a physical challenge, and the excitement of not knowing what's around the next bend, mountain biking might be your perfect sport. Mountain biking is enjoyed by a wide range of ages, at many levels of endurance and speed, and in a variety of terrain and technicality. Road riding has long been a popular sport in the Quiet Corner, but the mountain biking community has been growing fast.

BY CRIS CADIZ

There have been mountain bikers riding in the Quiet Corner since the advent of the sport in the 1980s, but sightings of riders in the woods were probably few and far between. These days, hikers aren't surprised to see people on bikes in places like the rock ledges of Old Furnace State Park or in the middle of Bigelow Hollow's forest. Interest in local mountain biking has grown so much that we now have a Quiet Corner chapter of the New England Mountain Biking Association (NEMBA). Thanks to avid mountain bikers such as Stacey Jimenez, President of Quiet Corner NEMBA, we now have an advocate for trail building & maintenance and off-road cycling in general.

Formed in the 1980s, NEMBA is a recreational trails advocacy organization with 25 chapters throughout New England and about 5,000 members. Its mission is to promote mountain biking, steward the trail systems and preserve open space. NEMBA is all about working with local leaders, landowners and managers to make trails useful to the entire community. Last June, Stacey reached out to them about starting a Quiet Corner chapter. She realized that NEMBA really did not support our area of the state, to help build new trails, maintain current trails, and support the sport with organized group rides, workshops, and advocacy.

Photo courtesy of DAS

"I let them know there was a growing community of mountain bikers in the area but that there was no organization to it. We were doing it [maintaining trails, etc.] individually." NEMBA welcomed her. In September the Quiet Corner became part of this respected organization, and mountain biking became a formally established presence in our area. "Now we can say we are part of this non-profit with a whole history behind it. Then the grants start flowing and we can get the money to fix things and do things. And they have a reputation so we can just go to DEP or the Army Corp of Engineers and say 'We are from NEMBA and we want to take care

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of the trails.' And they say 'Have at it; here's a log, keep your hours.'"

Since last September, Quiet Corner NEMBA has hosted a Take Your Kid Mountain Biking Day and a Corn Maze Ride, helped build a new bridge at Old Furnace State Park, cleaned up a dilapidated trail at West Thompson Dam, held a NEMBA Fun Ride event at Nathan Hale State Forest, and organized CT Trails Day at Goodwin State Park, where they had about 50 turn out for group rides at all levels. They also helped Friends of Goodwin design and build a new trail for the town of Hampton during the NEMBA Trail Builders' School that was held at Goodwin in May. In many ways, Quiet Corner NEMBA is good for the whole community. "We're caring for the trails," says Stacey. "It doesn't matter whether the user is a mountain biker or hiker, we're keeping them clear and safe for everyone.

Educating riders, no matter how long they've been biking in the woods, is another benefit to an organized mountain biking community. NEMBA promotes good trail etiquette, which includes yielding to hikers, horses and sometimes other cyclists. Proper riding technique (staying in the center of the trail, even when it's wet and muddy, to keep the trail from growing too wide or from "braiding") is always a priority. "That's the benefit of singletrack," says Stacey. "Narrower trails are easier to maintain, they control the speed on the trail and force socialization...you're not just passing and ignoring each other. Bikers aren't just flying by hikers because they have to slow down and say hello to get around someone."

Mountain biking in the Quiet Corner (and New England in general) tends to be technical, with lots of rocks and roots. As a matter of necessity, New England riders often have very good technical skills. Donnie Dauphinias, accomplished cyclist and owner of Danielson Adventure Sports, thinks one of the best things about mountain biking in this area is also what puts some folks off from trying it. "It's very technical so it makes you a very good mountain biker. If you can ride here you can ride pretty much anywhere in the country." That said, it's not hard to find places for beginners to ride or for those who don't appreciate the sometimes intense challenges of a technical trail. The Airline Rail Trail and the Quiet Corner's many dirt roads, fire roads and farm tracks are great places to start.

In a nutshell, Donnie's advice for new mountain bikers: Start slow. Consistency is best—ride often, not just once or twice a month. There's a lot to learn. Be patient; gradually try harder things.

Donnie has been hosting the Tuesday night Coast & Toast ride since he opened his bike shop in downtown Danielson eight years ago (and apparently it was a weekly thing for years before that). Riders meet at the bike shop parking lot and roll at 6PM. They ride to Old Furnace State Park just off Route 6 and loop through the park on a variety of trails. Sometimes a group will extend the ride and circle Quinebaug Pond. Eventually, everyone returns to gather at a small patio

Photo courtesy of DAS

behind DAS and enjoy pizza, beer, a blazing fire, laughs, stories & camaraderie. Coast & Toast is a no-drop ride. "No rider is left behind," says Donnie. "Obviously, some mountain biking experience is required but we usually split up into groups according to ability."

Women have increasingly become involved in the sport locally. About five years ago a young woman named Liz Allen began riding Coast &Toast. "She came in with a Walmart bike and she was doing the Tuesday night ride," recalls Donnie, "and she did really well on that Walmart bike! We're like, man, you really need to upgrade. And she did. Eventually, Liz started to get the women locally interested in riding." Today Liz is a pro level racer and the women's ride she started has grown to include a core group that rides every Monday night and welcomes riders of any level.

Stacey started mountain biking in 1997 in Arizona, took a break to have kids, then moved back to eastern Connecticut. She immediately bought a bike and learned about Liz Allen's women's ride. She agrees with Donnie that mountain biking has really grown in popularity in the last few years. "A lot of the roadies have also taken on mountain biking to cross train." Riding in Arizona was different," she says. "I rode but when you can see four miles ahead there's not as much adventure to it. As being here you really don't know what's around the corner."

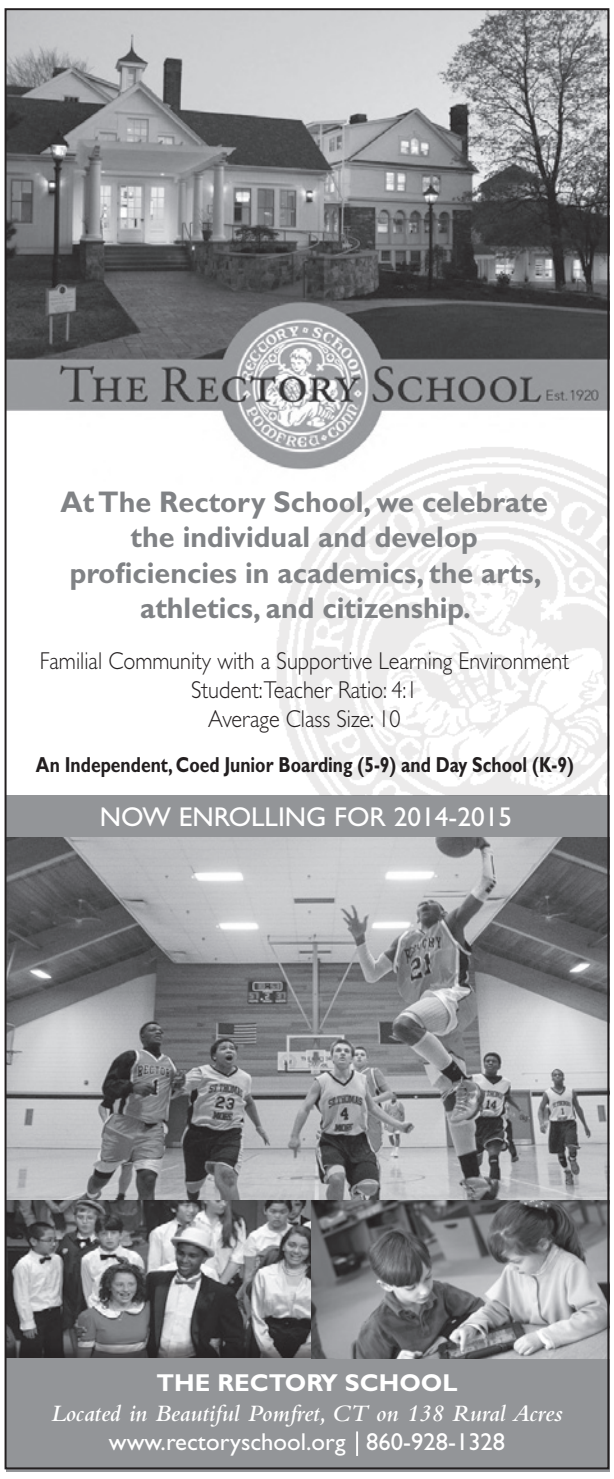
It sounds counterintuitive, but mountain biking can be very Zen. The immediacy of the sport forces you to be in the present. "When you're on a road bike you can go over everything in your head," explains Stacey. "It's almost too much time to think. When you want to get away from things, you can get on a mountain bike on a good trail and you have to focus on what you're doing. Everything else goes away."

"Mountain biking in general is definitely soothing and relaxing, even though it's physically demanding," says Donnie. "When I'm alone, I'm really just focused on the ride and the balance and seeing what is around the corner. It takes you places you never would have gone before if you were walking and hiking."

For those new to the sport, finding a way to learn skills and people to ride with is easier than ever. "With more group mountain bike rides, it's less intimidating," says Donnie. The mountain biking community is a tight-knit group but welcoming and friendly. Always happy to have a new rider, they will often take the time to teach skills, offer advice, lead riders on new trails, and share resources with newbies.

"I started riding in May 2012, when a friend gave me a mountain bike that was too small for him," recalls 33-year-old Jenna Beausoleil. "I told him I'd started walking to lose weight, and he said, 'You should just ride a bike.' During this time, I was also working at the post office with my good friend Liz Allen, a pro mountain bike racer. Between the two of them, I was strongly encouraged to try mountain biking."

Contunued on next page...



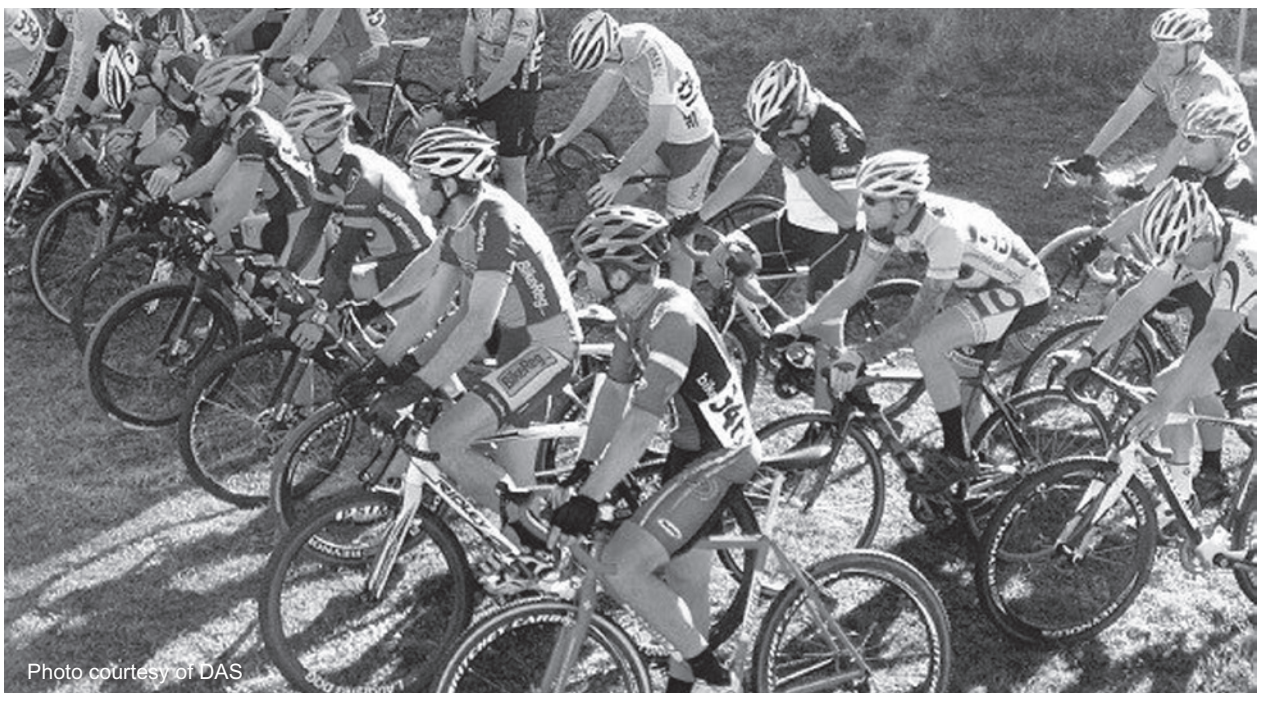


Photo courtesy of DAS

Jenna started riding the fire roads in Pachaug Forest and that summer joined the DAS Ladies summer series (led by Liz). "It wasn't until I began riding with these women [from the Monday night group ride] that I completely fell in love with mountain biking," she says. "It's such a rush. There's just nothing like riding a bike in the woods. It fills me with joy. It clears my mind and exercises my body. The trails are my happy place. Riding my bike gives me peace."

Danielson Adventure Sports recently offered women's mountain bike skill clinics and often has bikes to demo for those looking to buy or upgrade. "If someone is looking to get into a healthier lifestyle," says Donnie, "cycling–whether it's road riding or mountain biking at any level–is great for low impact exercise. Or if there's a runner with an injury... Discover what we have. There are not too many people who know how many great resources we have around to explore."

For kids interested in learning to mountain bike, cyclist Rob Paton in Thompson leads a weekly summer series for 10 to 15 year olds sponsored by the Thompson Recreation Department. For a small fee, kids learn the basics of mountain biking, biking etiquette and trail stewardship Thursday evenings, June through August at West Thompson Dam.

Jenna's words of wisdom to a newbie: "I guess some advice would be... don't give up. Mountain biking is a challenging sport. You have to step outside your comfort zone and just DO IT. You will encounter obstacles on a trail that are scary or intimidating, like a rocky descent, or steep, leg-burning, lung-bursting climbs. Your first thought is, 'No way. I can't do that.' But you try it anyway, and after you do it, you feel so amazing and proud of yourself. It's just so rewarding. And FUN!"

RESOURCES

- **Danielson Adventure Sports,**
  21 Furnace St, Danielson (860) 774-6010
  www.bikect.com
  www.facebook.com/DAS247
- **Quiet Corner NEMBA**
  http://www.nemba.org/chapters/qcnemba
  www.facebook.com/groups/QuietCornerNEMBA/

REGULAR GROUP RIDES

- **Coast & Toast,**
  Tuesday nights, 6PM, Danielson Adventure Sports
- **Women's Ride,**
  Monday nights, 6PM, various locations
  www.facebook.com/groups/169528589864839
- **Weekend Warrior Rides,**
  weekends, various times & locations see
  www.facebook.com/groups/QuietCornerNEMBA
- **Summer Kids Series,**
  Thursday nights, 5:30-7PM, June 12- August 14.
  www.thompsonrec.org/860-923-9440

MOUNTAIN BIKING GLOSSARY

Hardtail: bike with no rear shock/suspension
Full-suspension: bike with front and rear shock
29er: bike with 29" wheel (as opposed to the traditional 26" wheel)
No-drop ride: no rider is left behind
Singletrack: a narrow trail that only allows for single file riding
Doubletrack: a wider trail or parallel trail that allows room to ride side-by-side
Technical: describes a trail with obstacles such as roots and rocks
Rock garden: technical & challenging section of trail full of rocks

PLACES TO RIDE:

- **West Thompson Dam,** Thompson: fun for all levels
- **Old Furnace State Park,** Danielson: intermediate+
- **Goodwin State Forest,** Hampton: all levels, combine with Natchaug State Forest for higher mileage
- **Quinebaug River Trail,** Danielson: fairly flat, beginners
- **Mansfield Hollow State Park,** Mansfield: fun for all levels
- **Bigelow Hollow State Park,** Union: intermediate/ advanced, technical, lots of climbing
- **Nathan Hale State Park,** Coventry: intermediate+
- **Pachaug State Forest,** Voluntown: All levels

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Two Great Places to Meet and Eat this Summer!

Rosie's Drive In beckons to motorists on busy route 44 in Pomfret with a sign emblazoned with the image of a woman from a bygone era. Owner Kelly Lis Jones, who opened the roadside restaurant in the spring of 2014, found inspiration to start her own business in the story of Rosie the Riveter, an icon from World War II, when women went to work in the defense industry and changed history by supporting their families themselves.

BY NANCY WEISS

"I was fortunate to be a stay at home mom and raise our three children. Life took a turn and the kids and I were faced with a major life adjustment on an emotional and financial level. I was now a single mother. A college graduate, I had no job experience and a resume that consisted of numerous charitable, parent-teacher and recreational organizations.

Accomplishments were chairing elaborate school events, town holiday gatherings and creative themed birthday parties. Owning my own business has always been a dream. Achieving it was the challenge. Anything is obtainable with faith. It's the leap that takes courage and strength. Mother's Day was a victorious and empowering day as a woman and a mother," said Jones.

Owning a local eatery is, however, in Jones's bones as her parents operated Uncle Bill's, a clam shack in Danielson, when she was a child. "History is repeating itself," Jones noted while adding that all three of her children work at Rosie's. When the kids were young, Jones hosted elaborate themed birthday parties where she perfected the recipes for items now served at Rosie's.

At Rosie's Drive In, Jones aims at offering "a five star dining experience with good food fast." The menu focuses on seafood, with Manhattan and New England clam chowder and clam cakes as front-and-center items. Jones makes two kinds of chowder everyday, one red and one white, just like sorting laundry with whites and darks, Jones says with a laugh. Fresh squeezed lemonade is also made daily.

Rosie's Drive-In

The seafood, which includes lobster, clams, haddock, crab, shrimp and scallops, is chemical free and prepared in a separate fryilator that is designated only for cooking fish. Platters are served with homemade French fries and a choice of potato salad or coleslaw, both made on the premises. Fish finger platters are a popular new favorite with customers who also enjoy the house made tartar, chili and Coney Island sauces.

Sandwiches are served on brioche rolls from a bakery in Hartford and burgers are 6 ounces of sirloin. Daily specials often include rice and fresh vegetables. The Thanksgiving BBQ is a sandwich made of turkey, stuffing, American cheese, cranberry BBQ sauce and crispy onions.

Jones uses as much local produce as she can and plans to offer strawberry shortcake, corn on the cob and other seasonal items. Rosie's serves hard and soft ice cream with proceeds from one flavor, Red Velvet, going to the Connecticut Children's Medical Center Pediatric Cardiovascular Unit, where her daughter underwent successful heart surgery in 2013. Apple crisp and brownie sundaes add to the roster of frozen treats.

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CALENDAR OF EVENTS

NORTHEASTERN, CONNECTICUT

July

6th - starting at 5pm
Live Entertainment & Fireworks
Rotary Park, Putnam - Live entertainment starting at 5pm with the Little Big Band followed by The Wade Elliott Band at 7pm; fireworks @ dusk!
www.winyradio.com

4th of July Jamboree
East Woodstock Congregational Church
Woodstock, CT
www.explorewoodstock.com

14-19th
Brimfield Antique Show
Brimfield, MA
The Brimfield Antiques Show is the largest outdoor antiques show in the world, with over 6,000 dealers. Some fields charge an admission fee others are FREE.
www.brimfieldshow.com

19th @ 7pm
"Real Diamond" al fresco & Riverfire
Rotary Park, Putnam, CT
The Premier Neil Diamond Tribute Band
Bring your lawn chairs or blankets and enjoy great family entertainment. Concerts are free.
www.winyradio.org

17th & 19th @ 2pm
A Midsummer's Afternoon Tea
Celebrations Gallery & Gift Shop
Pomfret, CT
Features two varieties of freshly brewed specialty teas, soupe course, three decorated tiers of savories & tea sandwiches, fresh out-of-the-oven scones sweet treats. $32 plus tax and gratuity. Reservations required.
www.celebrationsshoppes.com

August

1, 2, 8, 9, 15, 16 at 7:30 pm
3, 10, 17 at 2 pm
The Wizard of Oz
Bradley Playhouse, Putnam, CT
Dance down the yellow brick road with one of our best known musicals in this delightful production full of tornados, munchkins, witches, flying monkeys, and a wizard! Fly over the rainbow with us in this summer adventure!
Musical: $21 for Adults
$18 for Senior Citizens/Students
www.thebradleyplayhouse.org

7th & 9th @ 2pm
Summer Camp
Celebrations Gallery & Gift Shop
Pomfret, CT
See July listing for description of tea events.
$32 plus tax and gratuity. Reservations required.
www.celebrationsshoppes.com

9th beginning @ 6am
Annual Deary Memorial Road Race and Walk
Starting at JD Coopers, Putnam, CT
Popular five-mile road race (9AM) & walk (6 & 8AM) to benefit the Deary Memorial Cancer Fund; 15 or 30-mile bike ride options (8AM). **www.winyradio.com**

9th @ 6pm
Billy Pilgrim & Riverfire @ Dusk
Rotary Park, Putnam, CT
www.winyradio.com

10th (rain date 8/17)
Putnam's Main Street Car Cruise
Downtown Putnam, CT
Custom & classic cars and motorcycles, prizes, raffles, food, music, vendors, entertainment and a burnout pit! Free for the whole family!
www.winyradio.com

10th @ 1:30pm
Arc Rubber Duck Race
Rotary Park, Putnam, CT
Rubber ducks compete in the Quinebaug River for prizes; benefits ARC of Quinebaug Valley. $5 per duck.
www.winyradio.com

21-24th
The Brooklyn Fair
Brooklyn Fairgrounds, Brooklyn, CT
One of the nation's oldest agricultural fairs, voted 'Best Country Fair in New England,' by Yankee Magazine. Livestock exhibits, children's playland, tractor pulls, crafts, food, fireworks, and a full midway. Discounted tickets available online when purchased in advance. **www.brooklynfair.org**

29th through 9/1
Labor Day Weekend
152nd Woodstock Fair
Woodstock Fairgrounds, Woodstock, CT
Animals barns, agricultural barn, antique corner, arts & crafts, horse shows, food and a full midway.
www.woodstockfair.com

September

8-13th
Brimfield Antique Show
Brimfield, MA
www.brimfieldshow.com

6th @ 12pm
Family Day & Riverfire
Rotary Park, Putnam, CT
Chowder Fest, Live Entertainment and more!
Followed by River Fire at dusk.
www.winyradio.com

18th & 20th @ 2pm
Safari Adventure Tea
Celebrations Gallery & Gift Shop
Pomfret, CT
This event is a fundraiser for the new YMCA to be built in Putnam!
See July listing for description of tea events.
$32 plus tax and gratuity.
Reservations required.
www.celebrationsshoppes.com

20th, 9-3pm
Celebrating Agriculture
Woodstock Fairgrounds, Woodstock, CT
Hearty Breakfast (donation: adults $5, children under 10 just $3) Agricultural Displays, Events/Demonstrations, Egg Decorating Contest, Forestry Fair, Farm Equipment, Entertainment, Food, Farmer's Market, Hay Rides & Farm Tour, Children's Activities, Horses, Cows and More!

27 & 28th (Sat. 10-5pm, Sun 11-4:30pm)
Artists in the Country Outdoor Show & Sale
52 County Road, Woodstock, CT
It's an ourdoor arts festival...celebration of the arts, and a fundraiser for children with Autism and other special needs - money for camp Quinebaug, Killingly, CT
www.artistsinthecountry.org

31st
Deadline for FACES at FAHS - Art Exhibit & Sale
Finnish Hall; 76 N. Canterbury Rd. (Rte. 169), Canterbury, CT
Send Registration Form on or before July 31st to qualify for $25 Fee.
After 31st, Fee increases to $35. 860.974.2760
FACESatFAHS@gmail.com

On Going Events

May through October
First Fridays @ 5pm
(First Friday of each month - July's event will be held the second Friday of July))
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Arts & Framing
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www.artsandframingputnam.com

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www.ctaudubon.org

Fort Hill Farms
Thompson, CT
Fort Hill Farms offers fun events throughout Spring, Summer & Fall. **www.forthillfarms.com**

Silver Circle Studio
Putnam, CT
Features local artwork and art exhibits throughout the season. Offers a range of workshops and art classes for all ages. **www.silvercirclestudio.com**

Sawmill Pottery
Putnam, CT
Features a gallery pottery and gifts, open-studio space, classes (for kids and adults) and workshops throughout the season. **www.sawmillpottery.com**

The Complex Performing Arts Centre
Putnam, CT
Offering live performances, events, and classes throughout the year! Visit them online for details.
www.thecpac.org

The Vanilla Bean Cafe
Pomfret, CT
The Vanilla Bean features live folk music every Saturday @ 8 PM. and displays artwork from local artisans.
www.vanillabeancafe.com

facebook

Follow The Putnam Traveler on Facebook.

Catering will soon be available for family or group gatherings and often includes potato salad, coleslaw, taco salad or other specialty items.

A stickler for cleanliness, prompt and polite service and attention to the needs of customers, including those with allergies, Rosie's offers gluten free rolls. Jones cares most deeply about giving customers a satisfying experience.

"This place is such a perfect niche for me. I want to evoke simpler times when families ate together at picnic tables and had fun. We love seeing families enjoying each other's company. We urge people to linger and enjoy themselves," Jones added.

Rosie's Drive In is located at 495A Mashamoquet Road (Route 44) in Pomfret. Telephone number: 860.928.6961. Facebook page: Rosie's Drive In.

Frog Rock Rest Stop

Frog Rock sat quietly on the side of route 44 between Pomfret and Eastford as if waiting for something to happen. The giant stone, left in the wake of a departing glacier eons ago, first gained public attention in 1881 when State Representative T.J. Thurber applied a coat of green paint, then added eyes and mouth to crystallize the uncanny resemblance of the rock to a frog. Families traveling along the state highway soon made it a stopping point for picnics. Later the road was reconfigured and Frog Rock slowly slipped behind saplings and back into near oblivion. Fortunately, Joe Lernould bought the site from the State of Connecticut and changed everything.

Frog Rock Rest Stop

Lernould and his wife, Lisa, imagined a spot where families could enjoy a meal, listen to music, peruse the antiques Joe likes to collect and relax in the shadow of Frog Rock on a sunny afternoon. Now Joe's vision is a reality.

"I knew what was back here. I could picture it and knew it would be perfect for a seasonal drive in. There was nothing between Pomfret and Ashford. We are drawing people in and many are coming with their memories from childhood," Lernould said with a smile.

Frog Rock Rest Stop bustles with activity. Lernould, a painting contractor by profession, commissioned a small building to hold collectibles, many unearthed from barn and trips to Brimfield Antique Flea Market. The building also serves as a mini tourism office with free brochures and maps from various organizations such as Last Green Valley promoting the region.

Lisa Lernould, an educator, included attractions for children such as an antique metal car for little ones to sit in, a frog themed beanbag game and coloring books. Dog biscuits and water bowls indicate that Frog Rock Rest Stop is decidedly dog friendly.

"This is my husband's brain child. I run around and do the errands, but I also make the chowder," Lisa Lernould added, while opening the lid on a pot of creamy white New England clam chowder.

Lernould planned the menu around classic summer favorites; especially clam cakes, fried clams and chowder, hamburgers, hot dogs, several types of grilled cheese and French fries.

While Lernould had his own memories of visiting Frog Rock as a child, he was surprised at how many others share his experiences.

"At least two-thirds of our first wave of customers were people who came here as children to picnic with their families. It is so much fun to hear their memories. People brought photos including one from 1926. I'm planning to hold a "Picture Day" when anyone who brings a photo will get a free ice cream cone," Lernould said.

Musical groups find Frog Rock Rest Stop is a fine place for them to perform. A small stage attached to the Antiques Building is a great spot for area bands to show their talents and the Lernoulds are always looking for new talents to add to the list. Children dance on the soft earth and grown ups sit back and enjoy the shows.

The Lernoulds also host educational programs such as the Horizon Wings, a raptor rehabilitation group from Ashford.

Kurt Frink, a resident of Rogers, is the cook. Frink, who has been in the food service business for over 30 years enjoys being in the outdoors and sharing in the family atmosphere at Frog Rock. While he credits Joe Lernould with developing the menu, Frink brings his expertise at timing and preparation to the job.

Katie Collelo, a dental hygienist by profession lives in Woodstock. She is back for the second season at Frog Rock where she is a friendly, competent person taking orders and making milk shakes and ice cream cones.

Joe Lernould had a dream to open Frog Rock Rest Stop. As the business celebrates its second year, he is helping customers recall the past while enjoying good food at an iconic location.

Frog Rock Rest Stop is located on Route 44 in Eastford. Hours are Tuesday-Sunday 12-8pm. Visit the Facebook page: Frog Rock Rest Stop

Beginning July 2nd Frog Rock will be hosting a Farmer's Market every Wednesday from 3-6 pm on the premises. There will also be live entertainment thorughout the summer, check out their FB page at Frog Rock Rest Stop for upcoming events!

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Taste of the Last Green Valley

In its 9th year, this tasty and entertaining happening is always attended by a sell-out crowd of over 200 and is the Last Green Valley's signature fundraising event. It helps support the many programs of TLGV and showcases the talents and production of local farms, beverage crafters and chefs. The location is always a highlight. In the past it has been held at such lovely settings as the Golden Lamb Buttery, the Inn at Woodstock Hill, and Old Sturbridge Village. The 2014 Taste of the Last Green Valley will be held at The Mansion at Bald Hill in Woodstock on Sunday, September 14th from 4 – 7 p.m.

BY CRIS CADIZ

According to Michelle Bourgeois, Director of Sustainability, last year this event raised more than $20,000. "It is TLGV's only fundraiser, and it is also a festive social gathering celebrating all that we love about 35 towns of The Last Green Valley," she says. The 2013 celebration was supported by 43 restaurants, farms and beverage producers, and an additional 69 individuals and businesses who collectively donated goods and services valued at $25,625.

Bourgeois believes Taste of the Last Green Valley is such a popular event because of location (always somewhere casually elegant and unique), the superb quality of food prepared by over a dozen top regional chefs, and the use of products donated by approximately twenty local farms. An abundance of locally created libations from wineries, breweries and distillers doesn't hurt either!

In the past, chefs from 85 Main, Bellas, the Vanilla Bean and Dog Lane Cafés, the Mansion at Bald Hill, the Golden Lamb, the Inn at Woodstock Hill, the Publik House, the Oliver Wight Tavern, Heirloom Foods and the Vienna have contributed their talents. In addition, local food & beverage producers such as Woodstock Hill Preserves, Soleil & Sons Bakery, Hosmer Mountain Sodas, Maple Lane

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"The Last Green Valley is a National Heritage Corridor of 35 towns in eastern CT and south central MA- the last stretch of dark night sky in the coastal sprawl between Boston and Washington, D.C. A dynamic nonprofit organization, TLGV is a steward of that special place, working to celebrate our heritage, conserve our natural resources and respect our working lands."

Farms and the Farmer's Cow have been represented. And alcoholic beverages have been offered by Jonathan Edwards, Sharpe Hill and Taylor Brooke wineries; Black Pond Brews, the Willimantic and Pioneer Breweries; and Westford Hill Distillery. The 2014 event will include newcomers the Purple Carrot Food Truck, Cafemantic, and hopefully some restaurants from the Norwich area. Guests get to vote on Best Cuisine and Best Beverage and these awards are usually published in local media. At the 2013 event, fresh fruit, produce and other food products were donated by local farms Buell's Orchard, Chase Road Growers, Devon Point Farm, Meadow Stone Farm, Wayne's Organic Garden, and We-Li-Kit Farm, among others.

As for entertainment, there is a live auction highlighting locally-crafted items and services and over 20 raffle baskets all donated by local businesses and artisans. "We auction off lots of unique experiences ranging from in home chef-to-table dinners, overnight packages, accompanying food critics on their visits to restaurants, and much more," says Bourgeois. The 2013 Live Auction list included such interesting items as a one-hour violin performance by professional musician Louise Muller, a 2-day test drive of the Chevrolet Volt electric car, and a "Foraging Expedition" with edible plant expert Russ Cohen. There were many other creative offerings donated by local businesses, organizations and individuals.

Don't miss this popular gala! Tickets cost $65 per person early bird pricing and sell out quickly. Contact The Last Green Valley at www.tlgv.org or call 860-774-3300 for more information.

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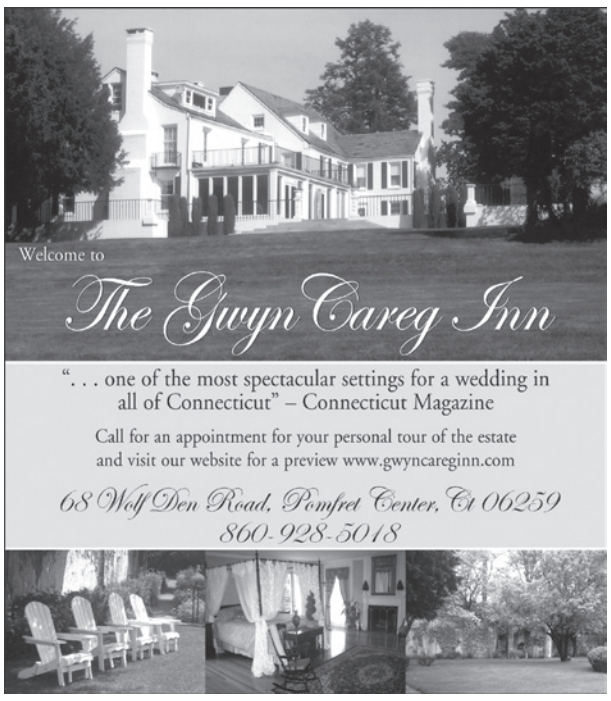

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Heirloom Food Company

Roseland Park

The Golden Lamb Buttery

BY CRIS CADIZ

The May/June edition of *Yankee Magazine's* Special Travel Guide has named the following as **"Best of New England - Editors' Choice"** winners for 2014. This designation is awarded by *Yankee's* editors and contributors, who name select restaurants, lodgings, and attractions in New England to the exclusive list.

- Celebrations, Pomfret: **"Best Tea Stop"**
- Golden Lamb Buttery, Brooklyn: **"Best Fine Dining"**
- Logee's Greenhouses, Danielson: **"Best Tropical Greenhouse"**
- Cakettes Coffee Shop, Thompson: **"Best Pastry Shop"**
- Town of Woodstock: **"Best Lakeside Park"**
- Brooklyn Fair, Brooklyn : **"Top 20 Events"**

Connecticut Magazine 2014 Readers' Choice Restaurant Awards

- Heirloom Food Company, Danielson
  #1 Best Vegan/Vegetarian; #2 Best Lunch; #3 Best Hidden Gem; #3 Best New Restaurant
- Bill's Breakfast, Putnam
  #3 Best Breakfast

In addition...

- Taylor Brooke Winery, Woodstock: **TripAdvisor Certificate of Excellence for 2014.** "Now in its fourth year, the award celebrates hospitality excellence and is given only to establishments that consistently achieve outstanding traveler reviews on TripAdvisor. Establishments awarded the Certificate of Excellence are located all over the world and represent the upper echelon of businesses listed on the website."
- WINY Radio, Putnam: CT **State Tourism Pineapple Award, Tourism Ambassador** for the Eastern District. This award recognizes an organization that consistently supports tourism with value added contributions.

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CALL FOR ARTISTS

A Call for Artists has been issued by the Finnish American Heritage Society (FAHS) for their 4th annual Fine Art & Craft Exhibit & Sale – FACES at FAHS. The exhibit will be held from 9:30 am to 3 pm on Saturday, October 11, 2014 at the Finnish Hall, 76 North Canterbury Road (Rt. 169), Canterbury, CT. This event is sponsored in conjunction with The Last Green Valley's Walktober.

FACES at FAHS is a non-juried event with both indoor and outdoor display areas. In addition to the fine art and craft work, demonstrations in lamp work beads, weaving, wood carving and other media will take place. Refreshments will be served at the event.

Limited outdoor spaces (10′ x 10′) and indoor spaces (6′ x 8′) are available. The registration fee is $25 if postmarked on or before July 31st or $35 if postmarked after July 31st. **The Registration Form and Prospectus are available on the FAHS website at www.fahs-ct.org. Interested artisans may also check the FACEs at FAHS Facebook page, email FACESatFAHS@gmail.com or call 860 546-6671 for more information.**

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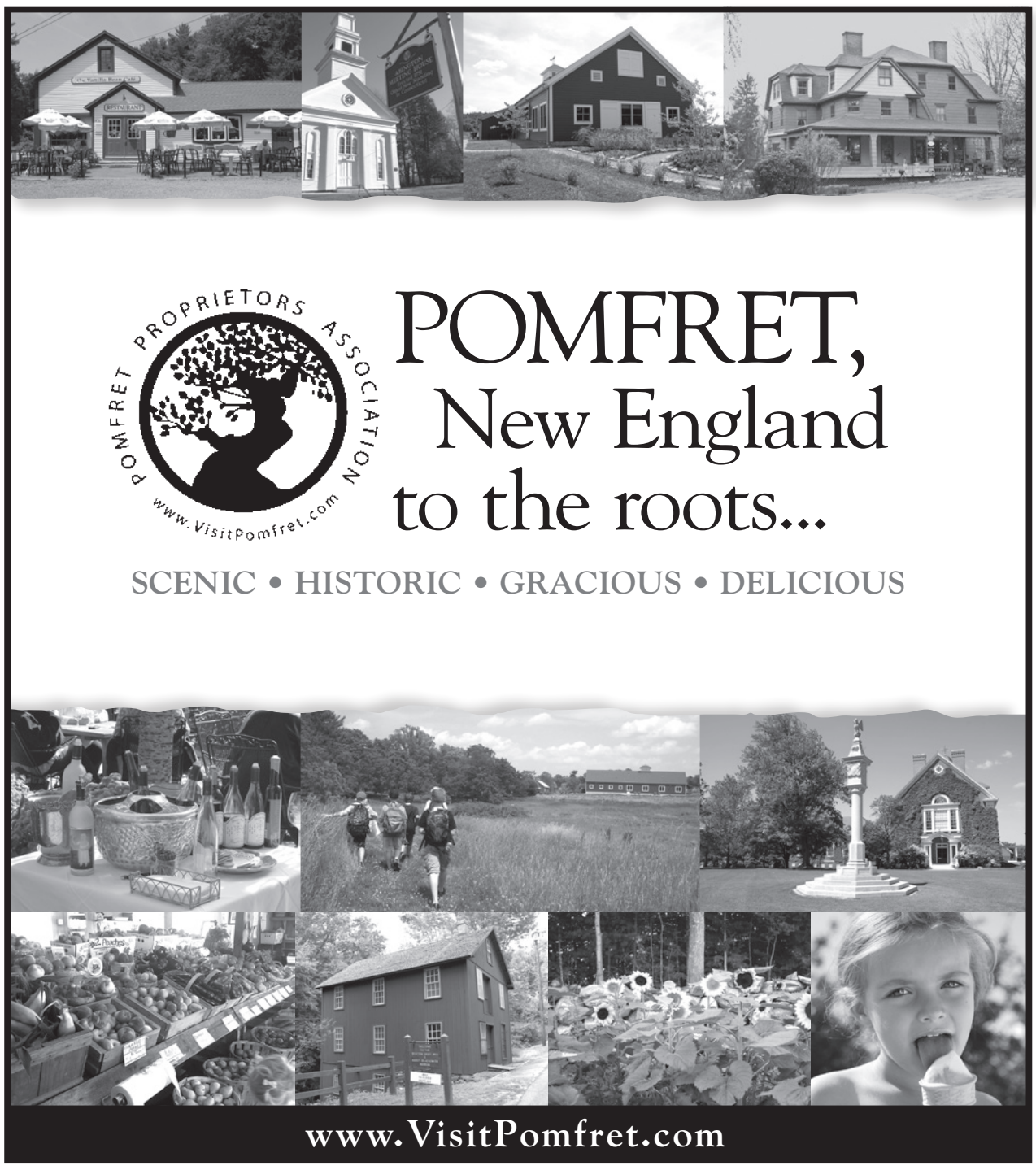

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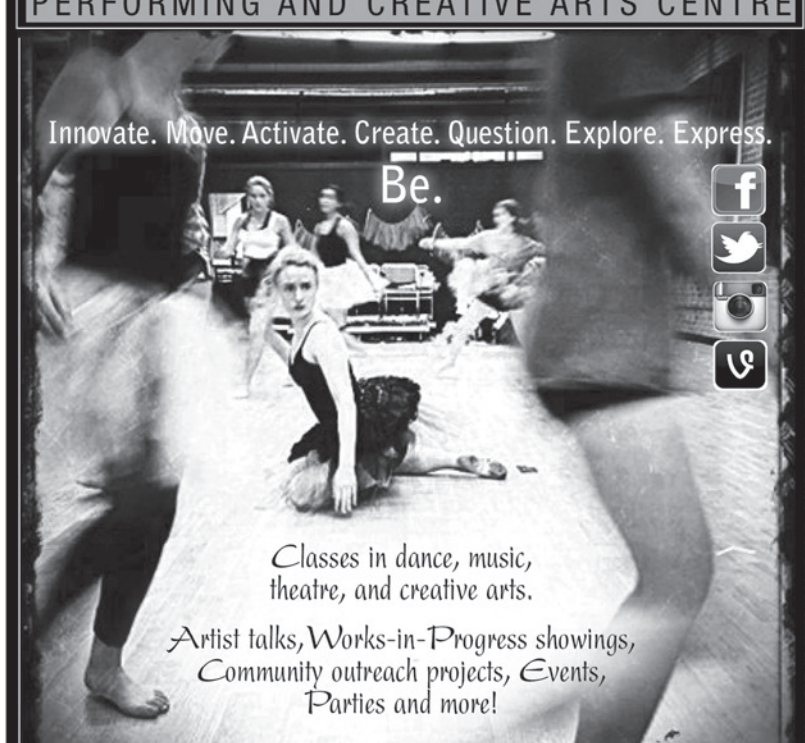

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